

# PORTLAND PARKS AND RECREATION

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# AQUAFINA

## Major League Baseball Pitch, Hit, and Run 2010

This FREE event provides Portland youngsters an opportunity to participate in an exciting baseball skills competition. The national initiative gives **BOYS AND GIRLS**, ages 7 to 14 the chance to showcase their pitching, hitting and running abilities.

FRIDAY, APRIL 9<sup>TH</sup> AT 5:30 P.M. VALLEY VIEW BALL FIELDS

Rain date will be Friday, April 16<sup>th</sup>

No Metal Spikes      Must be a Portland Resident

AGE CATEGORIES ARE: 7 & 8, 9 & 10, 11 & 12, and 13 & 14 years old

PITCH, HIT & RUN tests three of the most fundamental aspects of baseball



**PITCH:** Participant is tested throwing strikes to a designated "Strike Zone" target.

**HIT:** Youngster hits a ball off a stationary tee for distance and accuracy



**RUN:** Youngster is timed, starting from second base, touching third then home

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### REGISTRATION FORM

PARTICIPANT'S NAME: \_\_\_\_\_ GENDER

PARENT'S NAME: \_\_\_\_\_ M or F

ADDRESS: \_\_\_\_\_

PHONE: \_\_\_\_\_ E-MAIL: \_\_\_\_\_

BIRTHDAY \_\_\_/\_\_\_/\_\_\_ AGE AS OF JULY 17, 2010 \_\_\_\_\_

PARENT SIGNATURE: \_\_\_\_\_